



ASSESSMENT OF A PROPOSED MODEL PERIODIZED SEPAK TAKRAW TRAINING PROGRAM

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ABSTRACT: Presently there is very limited written training program for sepak takraw that can be used by coaches in the Philippines. Periodization is a proven modern training approach that can be adopted to help the athletes reach peak performance for competition. Therefore, the purpose of the study was to develop a periodized sepak takraw training program that can be used by coaches. The respondents were the 48 sepak takraw players in Pampanga who answered the Present Status Sepak Takraw Training Questionnaire. Based from the gathered data on the present status of the sepak takraw training program and Bompa's periodization theory, a proposed model periodized sepak training program was designed and evaluated by experts with the use of the Sepak Takraw Training Program Evaluation Tool. Frequency distribution and overall mean were used in the treatment of data. The findings of the study revealed that the present status of the sepak takraw program of Pampanga was evaluated as fair and needed improvement. The designed periodized sepak takraw program was evaluated as excellent and may be a viable program in improving the skill acquisition and competition performance of the players.

Keywords: Sepak takraw, periodization, sports, training program

INTRODUCTION

The purpose of a training program is to improve the athlete in his sport and reach peak performance. Improved performance is a direct result of quality training. From the initiation stage to the elite performance stage, workload in training must increase gradually according to each athlete's physiological and psychological abilities. Physiologically, training gradually increases the body's functional efficiency, increasing its work capacity. Any dramatic increase in performance requires a long period of training and adaptation [1]. Coaches and players are full of enthusiasm to undergo training and make the mistake of thinking that since four days a week is good, five or seven must be even better. It does not work out as anticipated. Instead the body and mind become stale and training plateaus occurs, at worst, is the perfect setting for injury and over training. Thus, appropriate training schedule is overlooked, comes the competition proper the players would not be able to perform in a desirable level due to exhaustion and burnt-out [2].



The primary objective of sports training is for the athlete to reach peak performance at a specific time, usually for the main competition of the year and this can be done through periodization³. Periodization is a concept of manipulating repetition resistance, and exercise selection so there are periodic peaks and valleys during the training program. The peaks are needed to challenge the body, and the valleys are needed to allow the body to fully recover and adapt. Over the course of the season, there will be a gradual progression that allows the person to peak at just the right time. By applying periodization to the training, athletes are able to optimize performance and minimize the risk of overtraining year. To achieve high level of performance, the entire training program must be periodized and planned so that the development of skills and motor abilities proceeds logically and methodically throughout the year [3].

For all sports, it is advisable to develop a training schedule fit to the physiological and psychological needs of the athlete under the guidance of a competent coach, who is the primary person responsible in molding a successful athlete. One of the sports that may benefit from periodization is the sepak takraw event. Sepak takraw gained popularity as a national game in the Philippines. However, due to lack of promotion of the sport and deterioration in the skills of the players it has become a slowly dying sport. The present performance of most of the sepak takraw teams in the Philippines suffering setbacks, which is also the case in Pampanga. The skills of the athletes are continuously deteriorating. Players suffer from over training and injury as a result of inappropriate training drills and the level of performance does not elevate due to plateau training. The lack of knowledge and innovation among coaches in training the athletes manifests lethargic skill acquisition and poor conditioning resulting to failure in major competitions.

Presently there is very limited written training program for sepak takraw that can be used by coaches. The purpose of this study, therefore, was to develop a periodized sepak takraw training program. Results of the study could aid coaches, trainers and athletes to cycle workouts in acquiring skills, game tactics and reach peak performance for major competition. Further, it could help coaches and trainers to be guided in redefining their training objectives and to be innovative in adopting modern approaches in designing a specific training program. This study aimed to prepare a model periodized sepak takraw training program. Specifically, the study sought to answer the following questions:

1. What is the present status of the sepak takraw training program of the secondary schools in Pampanga?
2. How may the proposed model periodized sepak takraw training program for secondary schools in Pampanga and Angeles City be designed in terms of:
 - 2.1. Preparatory Phase
 - 2.2. Competitive Phase
 - 2.3. Transition Phase



3. How may the proposed periodized sepak takraw training program for secondary schools in Pampanga and Angeles City be validated by experts based on the following:
 - 3.1. Objectives
 - 3.2. Content
 - 3.3. Procedures and Illustrations
4. What are the implications of the findings of the study for the coaching, training and teaching of sepak takraw?

METHODS

Research design and participants

The respondents were 48 sepak takraw players in Pampanga. The researcher identified the respondents through the assistance of the assigned coach of each team. These players were the most experienced in terms of training and competition as attested by their coach. Ten experts in the field of sepak takraw were also included as respondents such as: former national players (4), officiating officials (2), veteran coaches (2) tournament managers. The experts assessed the proposed model periodized sepak takraw training program. Gathering of data was conducted at City of San Fernando and Angeles City, Philippines. Permission to conduct the study was sought from concerned authorities. All respondents signed a written consent to voluntarily participate in the study.

Research instrument

Two sets of structured questionnaires were prepared by the researcher to answer the specific problems. The first questionnaire was the Present Sepak Takraw Training Program Status Questionnaire. This questionnaire was prepared to describe the present sepak takraw training program in terms of objectives, schedule, session, facilities and equipments, qualification of coaching and problems encountered. Each item was analyzed using the five-point Likert scale ranging from 5 – strongly agree to 1 – strongly disagree. The second questionnaire was the Sepak Takraw Training Program Evaluation Tool. This was prepared to validate the proposed periodized sepak takraw training program in terms of objectives, content, and procedures and illustrations. Each item was analyzed using the five-point Likert scale ranging from 5 – strongly agree to 1 – strongly disagree.

Procedure

The administration of the Present Sepak Takraw Training Program Status Questionnaire was conducted during the annual local athletic meet. Each participant took 20-30 minutes to complete the questionnaires. Respondents were assured that all their responses to the instruments and interview will remain anonymous. Interview with some respondents was also conducted to crosscheck certain responses found in the questionnaires. The items reflected in the questionnaire were used as interview guide. The interview was made after the collation of the data. These findings were used as



guide in the design of the proposed model periodized sepak takraw training program, likewise Bompa's periodization theory was employed. The designed program was assessed by expert with the use of the Sepak Takraw Training Program Evaluation Tool.

Data analysis

The gathered data were classified, tabulated, analyzed and interpreted using frequency distribution, percentage and overall mean.

RESULTS AND DISCUSSION

Present status of the sepak takraw training program

Table 1 presents the evaluation of the present status of the sepak takraw training program of Pampanga. As shown in the table, in terms of objectives of training, an overall mean of 2.53 was obtained, which was interpreted as fair. This means that there is a need to improve the objectives of training of sepak takraw in Pampanga. In a follow interview conducted with some of the athlete respondents, most of the objectives of training were not attained. A big number of athletes and coaches do not know how to realize their training objectives that would facilitate skill acquisition and physical conditioning. In terms of scheduling the training, an overall mean of 2.32 was obtained, which has a descriptive interpretation of fair. This means that there is a need to improve the training schedule of the sepak takraw in Pampanga. In the conducted interview it was revealed that most of the teams started their practice and established their group just after their intramurals, which is usually conducted in the month of September. This means that practice does not follow a scientifically designed method in gaining stamina and team chemistry in preparation for the upcoming competition.

In terms of training session, an overall mean of 2.21 was obtained, which was given a descriptive interpretation of fair. This means that the training session should be improved. In the follow-up interview most of the athlete respondents agreed to the notion that their training is not systematic and scientific. In terms of facilities and equipment, an overall mean of 2.37 was obtained, which has a descriptive interpretation of fair. This means that there is a need to improve the facilities and equipment of the sepak takraw in Pampanga. In the interview it was discovered that athletes sometimes cease practice and training is interrupted due to lack of equipment used in playing the game. In terms of qualification of coaches, an overall mean of 2.59 was obtained, which has a descriptive rating of fair. This means that the qualification of coaches needs to be improved and enhanced. During the interview it was discovered that most of the coaches are not physical education teachers moreover they do not have enough knowledge in training the sepak takraw discipline. Generally, data revealed that the sepak takraw training program of Pampanga was described as fair and needed improvement.



Table 1. Evaluation of the present status of the sepak takraw training program

N=48	Mean	Descriptive Rating
Objective of training	2.53	Fair
Training scheduling	2.32	Fair
Training sessions	2.21	Fair
Facilities and equipment	2.37	Fair
Qualification of coaches	2.59	Fair

Design of the proposed sepak takraw training program

The training program was designed based from the periodization theory of Bompa and the description of the present sepak takraw training program of Pampanga. The design of the training program adopted the periodization theory to facilitate peak performance and to prevent injury. The training was divided into blocks of time to improve and enhance the physical conditioning and skills required for the sepak takraw event. The program was designed following the three standard phases: preparatory, competitive and transition phase. Furthermore, the proposed periodized sepak takraw training program was designed to suit the availability of facilities and equipment, the drills were tailored to the physical conditioning and skill requirement of the secondary school sepak takraw event. Four training days were structured in each week making the fourth day whole day training with two training sessions, one in the morning and one in the afternoon. In each training session the activities were sequenced accordingly: warm-up, workout and cool down. Likewise, the frequency or duration of the exercises and activities were emphasized. The objective, equipment, and procedure of each exercise were also presented. Moreover, figures were included to facilitate execution. Figure 1 shows a sample template of the program per week. The complete copy of the proposed model periodized sepak takraw training program can be requested from the corresponding author through e-mail.



Objectives: Development of general basic skills used in sepak takraw with focus on individual ball control and gradual development of aerobic capacity, agility, flexibility, strength and core stability.				
June				
Week	Day	Warm-up	Workout	Cool Down
Week 1	Day 1	a. 3 mins jog b. Dynamic Stretching (refer to dynamic stretching)	a. Step-up, 2 mins. (refer to strength exercises) b. Rise on toes, 8 reps x 2 sets (refer to strength training drill) c. Side step agility drill, 8-10 reps (refer to agility drills) d. Letter V agility drill, 10 reps x 2 sets (refer to agility drills) e. Individual ball control (refer to basic skills) • Right foot, 3 mins. • Left foot, 3 mins • Right and Left foot, 3 mins • Flicking with the toes R&L, 3 mins. • Thigh hitting R&L, 3 mins • Heading, 3 mins	a. Crunch, 8 reps (refer to core stability exercises) b. Push-up, 6 reps (refer to core stability exercises) c. 1 min jog d. 10 secs. sprint e. 1 min. walk f. Static Stretching (refer to static stretching exercises)
	Day 2	a. 3 mins jog b. Dynamic Stretching	a. Stair Climbing, 2 mins. b. Calf raise, 8 reps x 2 sets (refer to strength exercises) c. Forward & Backward agility drill, 8-10 reps (refer to agility drills) d. Zig-zag agility drill, 10 reps x 2 sets (refer to agility drills) e. Individual ball control • Right foot, 3 mins. • Left foot, 3 mins • Right and Left foot, 3 mins • Flicking with the toes R&L, 3 mins. • Thigh hitting R&L, 3 mins • Heading, 3 mins	a. Superman, 8 reps (refer to core stability exercises) b. 30 degree Leg raise, 8 sets (refer to core stability exercises) c. 1 min jog d. 10 secs. Sprint e. 1 min. walk f. Static Stretching

Figure 1. A sample template of the weekly training session (2 days) in the periodized sepak takraw training program

Evaluation of the proposed sepak takraw training program

Table 2 shows the validation of the proposed periodized sepak takraw training program. As shown in the table, in terms of objectives, a general weighted mean of 4.73 was obtained which was given a descriptive interpretation of excellent. In terms of content, a general weighted mean of 4.73 was obtained which was given a description rate of excellent. In terms of procedures and illustrations, a general weighted mean of 4.75 was obtained which was given a description rate of excellent. Generally, the program was evaluated as excellent. Data indicated that the evaluators affirm that the proposed periodized sepak takraw training program is a viable training tool that may improve the performance of the sepak takraw players.

Table 2. Assessment of the proposed periodized sepak takraw training program

N=10	Mean	Descriptive rating
Objectives	4.73	Excellent
Content	4.73	Excellent
Procedure and illustration	4.73	Excellent



Implications of the findings of the study for the coaching, training and teaching of Sepak Takraw

This study implied that the decline of performance of sepak takraw of Pampanga may be attributed to the poor existing training program and its implementation. It is suggested that intervention programs be introduced to prevent further decline in skill acquisition and performance of the athletes, more so to encourage coaches and trainers to be more scientific in their training approach. Data gathered support the fact that there is a need to educate both athletes and coaches on the real value of a periodized training program. Results of the study further imply that given the adequate knowledge and support in training the athletes, sepak takraw coaches of Pampanga capable of producing quality sepak takraw athletes that can dominate regional and national competitions. A program will only become effective if properly implemented and through active participation of the athletes, coaches and the agency concerning the sports program. Sepak takraw enthusiast can design or propose a program using a modern approach of training that is relevant to the specific needs and capabilities of the athletes. The success of the coach and athlete depends so much on the proper and strict implementation of a training program.

CONCLUSION

The findings of the study revealed that the present status of the sepak takraw program of Pampanga was evaluated as fair and needed improvement. Based from the findings and Bompa's periodization theory, a proposed model periodized sepak training program was designed. The designed program was evaluated as excellent and may be a viable program in improving the skill acquisition and competition performance of the players. Future studies on the effects of the program on the skill acquisition and competition performance of the athletes will be an interesting endeavor.

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